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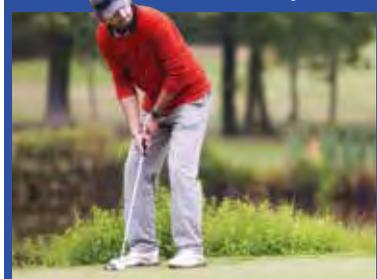
## 04 Students hope for a sniff of success



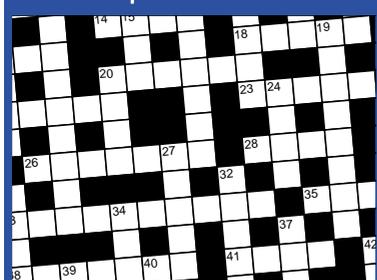
## 12 Young Rangers group expands



## 12 Tee off for charity with the Mayor



Turn to page 10 for this week's quick crossword



ISSN 2052-2606  
 37 >  
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# Help save lives this Bank Holiday in Nottingham

NHS Blood and Transplant is urging people to make appointments to donate blood ahead of August bank holiday weekend.

At Nottingham Donor Centre only 62% of appointments are full for the week ahead of the bank holiday.

It is important blood is collected all year round to maintain healthy levels as blood donations cannot be stockpiled. Each donation can save the lives of up to three people.

Jon Latham, Assistant Director of Donor Relationship Services at NHS Blood and Transplant, said: "We are incredibly grateful to all our loyal donors who take time out of their busy schedules at this time of year, to help save and improve lives.

"Please make the time to come along to donate at Nottingham Donor Centre, the centre is conveniently located at Trinity Square, North Church Street and donating blood is so quick and easy the whole ap" If you have an appointment booked but can no longer make it, please remember to cancel it so we can reallocate the slot to someone else."



To make an appointment at Trinity Square, North Church Street, Nottingham NG1 4BR by using the NHS Give Blood app, by calling the Donor Line on 0300 123 23 23, or visiting [www.blood.co.uk](http://www.blood.co.uk)



## Tram staff trek for charity

Walking for Macmillan are Donna Longfellow (front centre), Kim Cook, Amy Parkinson, Gus Hunnybun, Nigel Bratton, Andrew Conroy and Helen Guthrie.

Turn to page 2 to read about how they've raised over £2200 for Macmillan.

## FRI 12th JULY - SUN 1st SEPT 2019



The Nottingham Beach is back!! Relax & unwind in Nottingham's Old Market Square from Friday 12th July until Sunday 1st September. Open Daily from 10am\*.

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**New Guardian Joins the Flock**  
See page 9

**TRAM STAFF TREK FOR MACMILLAN**

Two treks have put a tram team on track to raise over £2200 for Macmillan. NET employees recently completed Macmillan Cancer Support's Peak District Mighty Hike and another 'mini hike' from the Phoenix Park tram stop to Clifton South. Seven staff took part in the hikes, but the fundraising efforts were of particularly special significance for one member of the team. Sarah Eley, a Customer Service Advisor who took part in the Peak District Mighty Hike, has first-hand experience of the support offered

by the charity to cancer sufferers and their families.

Sarah explained: "I lost both my grandparents to cancer and Macmillan offered a huge amount of support, not only to them, but to us as family. Alongside emotional support, particularly for my Mum, they provided practical help with finances, homecare and hospital visits."

"Macmillan staff were always on hand to answer any questions in person and we'll be forever grateful for their support at such a difficult time."

Earlier this year, NET operator, Keolis Nottingham, signed a 12-month partnership agreement with Macmillan following a unanimous vote by staff who chose the organisation as their 'charity of the year'. A Just Giving

page has been set up where customers can make donations and the hikes have boosted the fundraising efforts to the tune of £2,214.

Donations can be made at: [www.justgiving.com/fundraising/nottm-trams-macmillan](http://www.justgiving.com/fundraising/nottm-trams-macmillan)



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**Green light for new violence reduction unit**

Nottinghamshire Police and Crime Commissioner Paddy Tipping has welcomed official approval of plans to develop a new

multi-agency violence reduction unit to fight serious violence across the county.

The PCC was one of 18 nationally to receive a provisional share of a £35m Home Office grant to establish a specialist team to tackle violent crime and prevent young people from turning to violence. Nottinghamshire submitted detailed plans for the new £880,000 unit to the Home Office last month and received confirmation this week the model has been approved. The Violence Reduction Unit (VRU), which will be overseen by the PCC as chair of the VRU Strategic Board, will bring together specialists from the Police, NHS, County and City Council, Nottinghamshire Clinical Commissioning Groups (CCGs), education, Public Health England and the East Midlands Ambulance Service (EMAS).

It aims to treat violence as a public health issue by responding to the social, economic, and cultural problems which are closely linked to crime and taking a holistic approach to ensure communities are more resilient, healthier and safer. Paddy Tipping said: "I'm delighted the Home Office has endorsed our plans for the new VRU which involved the professional input and experience of a vast range of health and criminal justice experts. With funding secured, we can now press ahead

with implementation and pull together the necessary resources to launch Nottinghamshire's first ever dedicated unit to tackling serious violence.

"One of the key priorities of the VRU is to steer young people away from crime and violence by providing positive alternatives. Through the new unit, we will continue to utilise the resources within our communities including our experienced youth mentors and positive role models to create new opportunities for young people."

**Mayor launches new business surgeries**

Executive Mayor of Mansfield Andy Abrahams has officially launched a new initiative by Mansfield District Council to offer local employers and traders advice at a series of free business surgeries.

The surgeries, which offer one-to-one business health checks and help with business planning, were due to be held once a month but due to the popularity, more dates have now been added.

Future surgeries will be held at the civic centre on 5 September and 19 September with the first slot at 9.30am and the last one at 3.30pm.

Andy Abrahams said: "I was really pleased to see these surgeries get to work on supporting our local businesses. We hope they will forge a sense of trust and collaboration between the council and the wider business community and send out the message that we are here to help them thrive, succeed and grow."

The free independent advice sessions are held in partnership other local expert business support organisations, including NBV Enterprise Solutions, D2N2 Growth HUB and the East Midlands Chamber of Commerce.

They also serve as a one-stop shop find out about council services for the business community. These include:

- grants and funding
- commercial property searches
- planning matters
- environmental health
- business rates
- licensing
- training and masterclasses
- subscriptions to local business news and events
- access to local business networks.

The surgeries are part of a wide strategy to support business growth and regeneration in the district and encourage inward investment in the district. To book a slot visit <https://invest.ashfield-mansfield.com>.

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## Marathon man joins local charity as ambassador

A Nottingham charity and its fund-raising runners received a major boost this week, when double Paralympic 200m Gold Medalist Richard Whitehead MBE joined them to offer advice and inspiration ahead of their participation in the forthcoming Ikano Bank Rob-in Hood Marathon.

In 2013, Richard and Michelle Daniels set up the charity after their daughter Emily was stillborn. They went on to found Forever Stars in Emily's memory.

Their major focus in 2019 is the funding and creation of a Remembrance Garden on Highfields Park.

Richard was on hand to share advice and a major dose of inspiration

to a group of the charity's runners who are taking part in the half marathon event. He said: "I am very proud to be part of this wonderful team in an ambassadorial role and to hopefully be able to play a small part in helping these runners to perform at their best but most importantly, to just enjoy what is an incredible day."

Jo Sharp, Operations Manager at Forever Stars said: "We are over the moon to have such an inspirational person as Richard joining the charity as an ambassador. The timing really couldn't be better for our team of runners who are all working so hard to get to the start line and of course to raise funds for us."



Mark Goldby, Richard Whitehead MBE, Madison Murden (7) from Clifton who is running the mile challenge with her mum Debbie, Greg Simpson of Press For Attention PR, student midwife Ridda Ali and Rose Killingbeck.

"Richard has taken on so many challenges in his personal and sporting life and he has made

all of the runners feel like anything is possible. We are very fortunate to have him as an

ambassador and cannot wait to be able to share our own stories from the day with him."

## New role to help tackle youth anti-social behaviour

Mansfield District Council has been awarded funding to help tackle anti-social behaviour involving young people in the district. Funding of £37,000



from the Nottinghamshire Police and Crime Commissioner will be used to employ a Youth Partnership Co-ordinator.

Cllr Amanda Fisher, Portfolio Holder for Communities and Wellbeing, said: "We want to ensure that young people here are inspired to be aspirational and are given the opportunity to reach their full potential and to move away from gangs and anti-social behaviour. Our aim is to try to prevent anti-social behaviour happening in the first instance by ensuring our young people have access to the right support and plenty of engaging

opportunities and activities.

"It will be an exciting and challenging new project with a diverse range of aims, not least the reduction of anti-social behaviour. We hope a more collaborative approach with experts in the various fields will result in more positive and meaningful engagement with young people in this area."

The Youth Co-ordinator post is expected to be appointed next month and funding for it will last initially until the end of the financial year. It supports the council's wider strategy of making Mansfield a safe and

welcoming destination for both people who live in the area and those who visit or work in the district.

Elaine Quince, the council's Community Safety Manager, said: "There are other partners working in this field, including volunteers and charities, but they are currently working in isolation. What we hope to do is bring everyone together to help affect real change."

More information is available from the Community Safety team by emailing communitysafety@mansfield.gov.uk or calling 01623 463185.

## Theatre & Concert Hall gets new Director

See page 7



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# Nearly 200 council house residents helped into work by NCH

Nearly 200 council house residents in Nottingham have been helped into work by their landlord Nottingham City Homes (NCH).

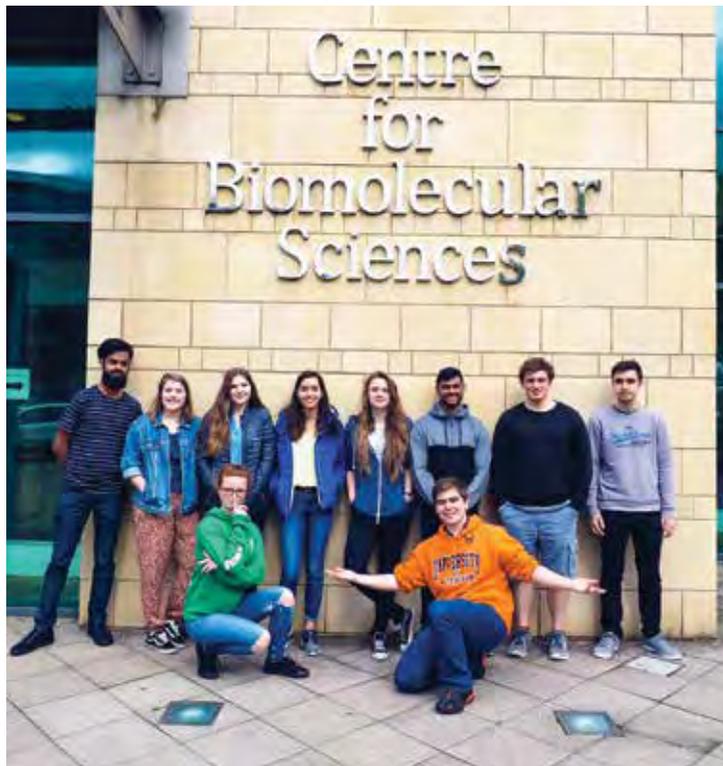
A programme run by NCH to get previously unemployed council house residents into jobs has supported over 500 unemployed residents and helped 170 into employment – 21 of them working for NCH over the past four years.

As the largest provider of social housing in the East Midlands, NCH manages around 27,000 homes in some of the most disadvantaged, culturally diverse and economically challenged areas of Nottingham. Social housing tenants across the UK are more likely to be unemployed than those who are owner occupiers or privately renting.

To combat this, NCH offers residents a range of employability and training initiatives that support them into work and create better lives for themselves, their families and their communities.

It is part of NCH's new Employability Strategy, launched last month, which sees NCH working with the city council and partners to tackle poverty and deprivation by getting more local people into work.

Nick Murphy, Chief Executive at Nottingham City Homes, said: "We are committed to helping our residents into sustainable employment. These are challenging times for our residents, with welfare reforms and Universal Credit (UC) having significant impacts on those dependent on social security and affecting services that social housing tenants rely on. "Our clear objective is to see more Nottingham people in employment and fewer workless households."



# Nottingham students hoping for a sniff of success

A group of students from the University of Nottingham are working to develop a new detection system that can sniff out food infected with the deadly botulinum toxin – and are hoping to bring home a gold

medal from a science competition in America in October.

The iGEM (International Genetically Engineered Machine) competition brings together 352 teams from 42 different countries

in an event that resembles the science Olympics. iGEM offers interdisciplinary teams of students the opportunity to design and test their own science product.

The students work on biological projects that tackle issues in their local communities and far beyond. Teams tackle real-world problems, such as antibiotic resistance and climate change.

This year's iGEM team from the University of Nottingham consists of ten science-loving undergraduates studying a range of degrees, from Biotechnology to Computer Science and Mathematics. Their project, focusing on the safe detection of botulinum bacteria in food, aims to provide a cheaper and faster alternative to current food testing methods and could replace the need for animal testing which still takes place in many countries.

The largest botulism outbreak in the UK was more than 30 years ago. It resulted in the hospitalisation of 27 people, all due to the consumption of contaminated hazelnut yogurt, which led to the shutting down of a major company.

In October, the team will present their project, 'NoTox - a nose ahead in food safety', at a conference in Boston with over 5000 attendees. They hope to follow in the footsteps of last year's iGEM team and bring home a gold medal.



## Linda Lancashire

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**Aries** Someone may let you down and this will affect your opinion of this person and question the friendship. A surprise windfall of money will come your way giving you a huge lift because good fortune such as this could make a huge difference to your circumstances. If you are on the dating scene and almost given up all hope of ever meeting 'that someone special', don't give up just yet because there is some very encouraging news on the horizon.

**Taurus** There are some big changes and adjustments happening in your life its important that you keep yourself in tip top condition. A newcomer on the social scene may initially impress you with their charm and sales pitch, but its also important that you remain guarded about your finances. This is a good time to consolidate your affairs or rearrange your living situation to something more suitable.

**Gemini** A challenging aspect between yourself and a close relationship could see you facing some very tricky times ahead, especially if there is a distinct lack of communication. An excellent opportunity to make some quick money may come your way on more than one occasion, but its important that you keep such information to yourself because if you don't you will only end up causing unwanted problems for yourself.

**Cancer** Trying to get your point across to certain individuals, especially those in authority may prove more difficult than you anticipated. The pressure that someone is putting on you is becoming intolerable. You are in the middle of some very important life changes that will affect all aspects of your everyday routine for an indefinite period of time so its important that you do not lose sight of the facts and refrain from jumping to conclusions until you have heard both sides of a story.

**Leo** Events taking place in your personal life look extremely interesting, especially if you have recently formed an attachment to someone you have only met casually in the past, but now in regular contact with. At work, this is a time when considerable tension could accumulate, but also be mindful that there is someone looking towards you for guidance and support because they see you as their lifeline.

**Virgo** For some people, events in their lives can seem like a never ending struggle which is why they probably lean on you for strength and can rely on your honesty and sound advice. On going family feuds are still no nearer to being resolved because of a distinct lack of communication. Pressure at work seems to be building up daily and a romantic gesture from someone who is extremely fond of you could lead to a very happy and long lasting relationship.

**Libra** Circumstances may present themselves forcing you to voice your opinions regardless of whom you may offend. A close friendship may develop into something far more intense than you originally intended it to. Even if you were not looking for romance, it looks as though your fortunes are about to change for the better. Prepare yourself for some long distance travel or at least spending a lot of time away from home.

**Scorpio** Recent events have forced you to re think your plans to the point of arranging some private time for yourself to enjoy, away from all the unwanted drama that insists on following you around. A friendship may have outgrown your interest as you fight to put more distance between yourself and the person involved only to have to battle even further at keeping them away from your safe and secluded world. A close relative may turn to you for help and guidance.

**Sagittarius** You may be about to become extremely bored with someone who continuously whines away about their shortcomings and expects you to fix their life for them. A meeting with someone you enjoyed a previous involvement with will set you thinking about the possibility of a reconciliation. A job offer from out of the blue will come at the right time, enabling you to think long and hard about your future plans. A chance to travel to distant locations should be taken full advantage of.

**Capricorn** You seem to be in need of some time to yourself so that you can indulge in a period of reflection and the chance to catch up on some rest. Everything that has happened recently has taken its toll and now its time to slow down a little and start investing in some self love and self care. Some wonderful new friends are about to enter your life who will become increasingly important in your world and include you in all their celebrations.

**Aquarius** There will be huge demands made upon your time and money from friends and loved ones who want you to help them escape from their emotional or financial prison. Someone who has suffered a major set back recently will greatly appreciate all that you are doing for them in order to get them through a most difficult period. You can expect to start feeling much better about your long term prospects, health and well-being.

**Pisces** The recent demands of life have taken up a great deal of your time and energy. Its important that you take as much rest as possible and take maximum advantage of any free time you may have to chill and enjoy some quality time with the people you love the most. A rare opportunity to make some extra money will come your way enabling you to think more positively about your long term prospects and material security.



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## New Director for theatre and concert hall

The Theatre Royal & Royal Concert Hall Nottingham has announced the appointment of Peter Ireson as its new Venue Director. He will take over from Jonathan Saville who has been performing an interim role following the retirement of former Managing Director, Robert Sanderson, in April 2018.

Peter Ireson has over 25 years' experience in venue management and arts administration.

Currently Head of Culture, Events and Tourism in Derby, Peter was previously Director of Derby LIVE and a former recipient of the TMA Theatre Manager of the Year Award. With a strong commitment to

the East Midlands, Peter has worked in venues in Leicester and Derby, as well as a previous spell in Nottingham.

Nottingham City Council's Director of Sports & Culture, Hugh White, said: "We are delighted to have appointed someone of Peter's calibre and experience to this role. He is a highly regarded arts professional and brings with him a deep understanding of the sector and the creative landscape of the East Midlands region. The Theatre Royal & Royal Concert Hall plays a vital role in Nottingham's thriving cultural scene and Peter's vision and insight will help shape a very exciting future for



Peter Ireson.  
Photo: Whitefoot Photography

the two venues."

Peter said: "I'm thrilled to be joining the Theatre Royal & Royal Concert Hall. Both are wonderful venues in their own right, together they form one of the most exciting performing arts complexes in the

UK. I'm really looking forward to working with the fantastic team at the venues to build on the success of recent years and to ensure they provide Nottingham with a truly world class programme and customer experience."

## APP HELPS PEOPLE SHOP LOCALLY

Residents and visitors can now download the LoyalFree app for North Nottinghamshire to help them find local businesses, events, special deals and discover more about what the area has to offer. The North Nottinghamshire LoyalFree app helps connect local people with what is happening around them. It gives them access to exclusive discounts

from local businesses, as well as keeping them up to date on events.

The app was designed by Jason Nesbitt and Sophie Hainsworth with aim of helping to boost high street footfall and enable people to shop locally. You can even store all your loyalty cards on it.

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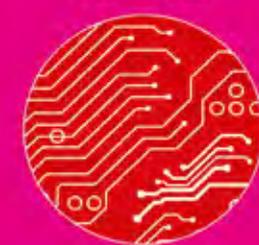
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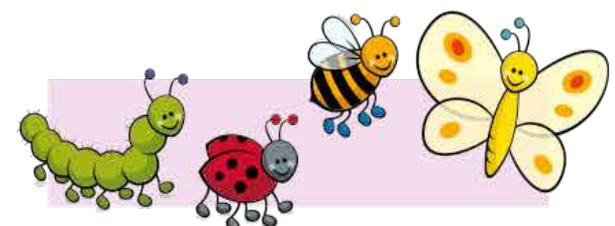
Ofsted inspection 2019, [www.ofsted.gov.uk](http://www.ofsted.gov.uk)

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## Edwalton

Day Nursery and Preschool



Nottinghamshire Wildlife Trust's Agnes Kiemel presenting Directors Dr Jon Day and Dr Heleen A van de Weerd from Cerebrus Associates with their Wildlife Guardian certificate whilst meeting the conservation grazing sheep team at the Trust's Besthorpe Nature Reserve.

## New guardian joins Nottinghamshire Wildlife Trust Conservation Flock

Nottinghamshire Wildlife Trust has announced a new Wildlife Guardian has joined its Business Partnerships 'conservation flock'.

Directors of Cerebrus Associates Dr Heleen van de Weerd and Dr Jon Day, recently joined the Trust's Conservation Shepherd, Agnes Kiemel, at the Trust's Besthorpe Nature Reserve who showed them the conservation grazing sheep, also referred to as the 'Flying Flock' as they move from site to site grazing to improve the habitat for wildlife.

Heleen van de Weerd, Cerebrus Associates Director, said: "We are really passionate about animal welfare and developing policies for businesses and the government based on scientific research. Our business activities compliment the wildlife conservation

work carried out by the Trust, so it wasn't a difficult decision to show our support and become a business member."

Holly McCain, of Nottinghamshire Wildlife Trust said: "We are delighted that Cerebrus Associates, who are ambassadors for improving animal welfare in the farming and food sectors using the latest scientific research and agricultural practices, have joined our charity as a Wildlife Guardian business member."

The support of Cerebrus Associates will enable Nottinghamshire Wildlife Trust to create and restore more habitat for wildlife including using traditional Herdwick and Hebridean sheep breeds as a low-impact method of grazing its nature reserves.

## Edwalton Day Nursery celebrates second Ofsted 'Outstanding' rating

Edwalton Day Nursery in Nottingham is celebrating 'two in a row' following another Ofsted 'Outstanding' inspection report praising the staff team for achieving the "highest possible levels of care and education".

In the glowing report, teaching at the Melton Road day nursery was described as 'highly effective'; the focus on learning as "excellent" and school readiness training sessions for parents as an example of the 'high successful partnership' that exists to ensure children realise their full potential.

Edwalton Day Nursery Manager, Sarah Johnson, said: "We couldn't be more proud or delighted but we won't be resting on our laurels; the drive to improve on excellence continues with my wonderful team of dedicated professionals and our incredibly supportive nursery parents working together to give our children the best possible start in life."

Edwalton holds the 'Food for Life Served Here' Silver Award because children are not only served high-quality; ethically sourced, home-cooked meals and snacks, they are also learning about the foods that support healthy growth and development.

Taking outdoor play and learning to a new level in the large and imaginatively designed garden – described as 'highly stimulating' in the inspection report - Edwalton holds the prestigious Eco-Schools 'Green Flag Award' for exceptional environmental awareness and conservation



## Childline gets rising number of calls on exam results

A growing number of young people are turning to Childline, deeply worried about their exam results. In 2018/19, the NSPCC-run service delivered 1,414 counselling sessions to children and teenagers apprehensive about their grades – rising by more than a half over the past four years. Concern peaked in August, with a fifth of counselling sessions taking place during the month when young people receive their A-Level and GCSE results.

In the charity's Nottingham base, 106 counselling sessions were delivered.

Reasons for young people seeking help from Childline include worries about whether they will get the grades they need to get into university and not wanting to let down their teachers and parents.

Children and teenagers also told counsellors they felt worked up and on edge, with some saying they were not able to sleep because of the stress of

getting results.

Peter Wanless, NSPCC chief executive said: "We know that waiting for and receiving exam results can be a difficult time for young people, but they should never feel like they have to deal with these worries alone.

"Reaching out to a parent, teacher or by contacting us at Childline will hopefully put things in perspective and make them feel more positive about receiving their exam results and what comes next."

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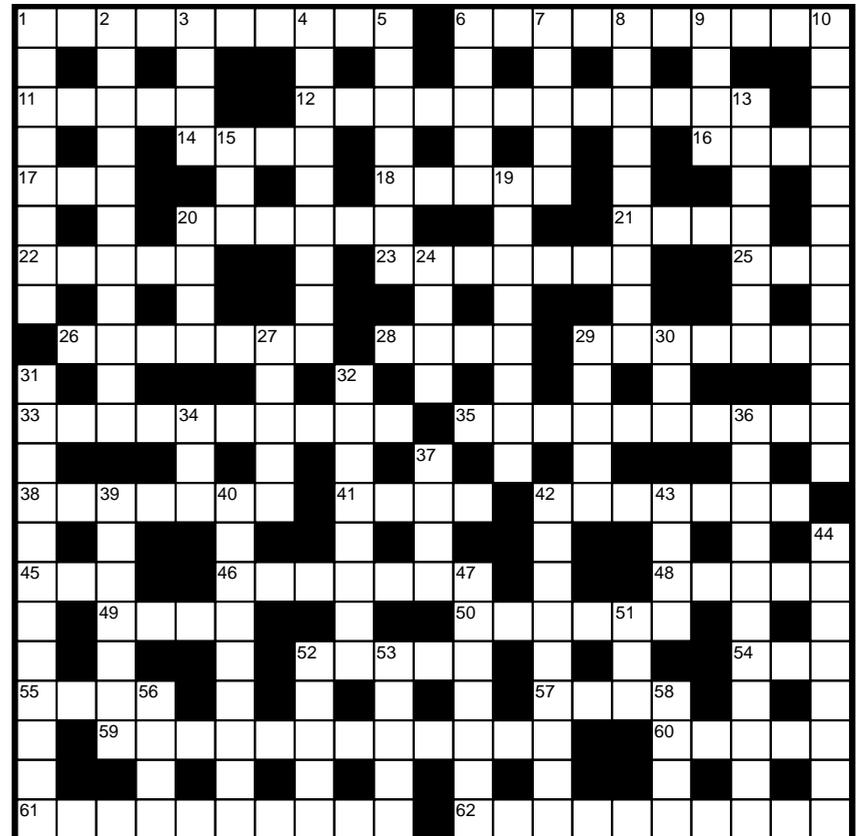
# CROSSWORD

## ACROSS

- 1 Safari (10)
- 6 Teenager (10)
- 11 Somersaults or Swiss cakes (5)
- 12 Gossip and rumour (6-6)
- 14 Quaintly kitsch (4)
- 16 Sticky fastening strip (4)
- 17 Sweet or savoury tart (3)
- 18 Arrange in tiers (5)
- 20 Withhold food (6)
- 21 Penny or pound (4)
- 22 Fish with rod and line (5)
- 23 Lone musician (7)
- 25 Hearing organ (3)
- 26 Paint or dye (7)
- 28 Leading man (4)
- 29 Farm vehicle (7)
- 33 Fair and square (2,3,5)
- 35 Very upset (10)
- 38 Type of surgery (7)
- 41 Termites (4)
- 42 Poker-faced (7)
- 45 Beer plant (3)
- 46 Traffic island post (7)
- 48 Barbed weapon (5)
- 49 Wedding boy (4)
- 50 Demolition debris (6)
- 52 Wear away (5)
- 54 Four minus three (3)
- 55 Piggy noise (4)
- 57 Buffet nibbles (4)
- 59 Talent for talking (4,2,3,3)
- 60 Seaweed or green pond weed (5)
- 61 Building settlement (10)
- 62 Hunting whip (6,4)

## DOWN

- 1 Relating to the EU (8)
- 2 Mischievous ghost (11)
- 3 Grimy particles (4)
- 4 To butt in (9)
- 5 Stinging plants (7)
- 6 Passage between rows of houses (5)
- 7 Water weasel (5)
- 8 Ventilation fan (9)
- 9 Frisky young horse (4)
- 10 Pull a fast one (4,3,1,4)
- 13 Solemn but eager (7)
- 15 Moist (3)
- 19 Penny pinching (8)
- 20 Coal stratum (4)
- 24 Kiln or range (4)
- 27 Sister's daughter (5)
- 29 Name (5)
- 30 To mature (3)
- 31 Falsify the accounts (4,3,5)
- 32 Sales outlet (8)
- 34 The self (3)
- 36 Doom merchant (11)
- 37 Celebrity (4)
- 39 Barking sharply (7)
- 40 Released (9)
- 42 Divan for two (6,3)
- 43 Ply with drugs (4)
- 44 A cold snap (6-2)
- 47 River-deepening barge (7)
- 51 Auction sale item (3)
- 52 Petite and dainty (5)
- 53 Pale brownish-yellow (5)
- 56 Has a nap (4)
- 58 Warbled (4)



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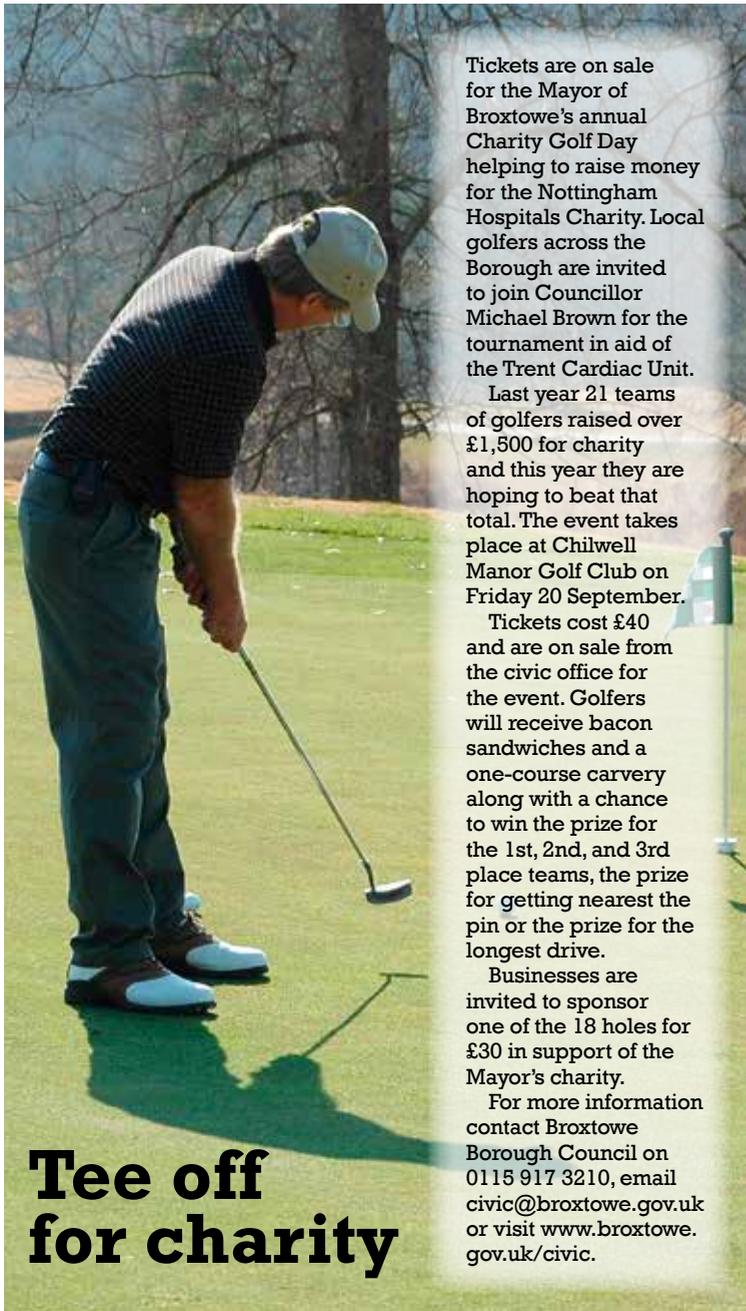
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## Tee off for charity

Tickets are on sale for the Mayor of Broxtowe's annual Charity Golf Day helping to raise money for the Nottingham Hospitals Charity. Local golfers across the Borough are invited to join Councillor Michael Brown for the tournament in aid of the Trent Cardiac Unit.

Last year 21 teams of golfers raised over £1,500 for charity and this year they are hoping to beat that total. The event takes place at Chilwell Manor Golf Club on Friday 20 September. Tickets cost £40 and are on sale from the civic office for the event. Golfers will receive bacon sandwiches and a one-course carvery along with a chance to win the prize for the 1st, 2nd, and 3rd place teams, the prize for getting nearest the pin or the prize for the longest drive.

Businesses are invited to sponsor one of the 18 holes for £30 in support of the Mayor's charity.

For more information contact Broxtowe Borough Council on 0115 917 3210, email civic@broxtowe.gov.uk or visit www.broxtowe.gov.uk/civic.

## Brits spend more than six months talking about the weather

The average Brit spends more than six months of their life talking about the weather, it has emerged.

Research revealed a resounding 84 per cent of the nation admitted to a love of discussing the ever-changing climate. According to the



study, a typical weather chat crops up three times a day, lasting an average of two minutes and 46 seconds on each occasion, adding up to the whopping lifetime figure. The nation's obsession with talking about the temperature has also now spread to conversations with household tech devices. Of those who own a device with a voice assistant, one third get their daily fix from chatting to voice-activated services on the phones or gadgets in their homes, querying

what the weather will bring. Brits are also more likely to bring up the weather when it's unexpectedly hot – and 27 per cent think they feel more positive when it is cold and sunny.

The study was conducted by Britain's first ever next-day-delivery air conditioning and boiler installers, BOXT, whose CEO, Andy Kerr said: "Improving technology has increased our temptation to wax lyrical about the weather, from improved forecasts, to automated



thermostats and apps to help us maintain temperature control in our surroundings.

"It's no wonder we are so fascinated by the weather and how we can influence our environment through technology to make sure we are prepared for what is forecast."

On average, those polled will have their

first discussion about whether it's hot or cold by exactly 09:47 in the morning, most

frequently to colleagues after arriving at work. Twenty seven per cent like to discuss the effect it's having on their sleep, and one in five are compelled to complain when their house feels too hot in the sun.

## Young Rangers programme is a big success

Nottinghamshire Wildlife Trust is so pleased with the success of its Young Rangers programme at Idle Valley Nature Reserve near Retford it is keen to expand the group.

The group, which now includes two sets of triplets, is for young people aged between 13 and 18 years old. Georgia and James White are two of a set of triplets registered on the programme. Georgia White was the very first Young Ranger at Idle Valley and it was her brother James' first session.

Supported by Ranger Charleen Case, they spotted, caught and identified a number of spe-

cies, later releasing them back where they were found. In total nine species were identified including meadow brown, gatekeeper, common blue, speckled wood, red admiral and small skipper. The group also saw lots of dragonflies and damselfly and identified banded demoiselle and a common blue damselfly.

Georgia stated: "What I love about the Young Rangers programme is that it allows me to have physical experience in a career that I hope to have in the future. Also, currently applying for Ecology and Conservation Biology at university, the

sessions allow me to gain skills that will enable me to stand out in my application."

The Trust is looking for more young people to join them and work as a team. The charity welcomes people that are looking to collect hours for their Duke of Edinburgh award, and like Georgia, who are looking to study an ecology or conservation course at university and are keen to demonstrate practical and volunteer experience. For more information then please go online to [www.nottinghamshirewildlife.org/young-rangers](http://www.nottinghamshirewildlife.org/young-rangers)



James and Georgia White, Idle Valley Young Rangers. Photo: Emma Osborne



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## Parents steer kids away from creative careers

Parents are trying to steer their children away from pursuing lucrative 21st century careers, because they don't understand the opportunities, a study shows. New research has revealed that despite the creative industries being one of the fastest growing sectors, with an estimated two million jobs available, there is still a sentiment

from parents that they would not be happy if their child chose to pursue a creative career.

The poll of 1,000 parents of under 18 year olds was commissioned by Escape Studios.

When asked which degrees would be most valuable from a lifelong career perspective – parents identified as their top three choices – computing (13%), medicine (12%) and engineering (11%). The arts ranked last at 2%. Due to parents' lack of understanding of the career options available within the creative industries, almost half said they would try to influence the degree their teenager chooses to study at university. Dads (49%) are more likely to influence this than mums (39%).

Parents stated that they would be happier if their children opted for career paths such as training to become an engineer (29%), a doctor (37%) or a scientist (23%), while the most disliked future career paths were identified as social media influencer (35%), bloggers (31%) and gamers (27%). Only 8% of parents wanted their child to pursue being a visual effects artist or animator, even though the creative industries can offer many lucrative job opportunities. Forecasts predict the UK could create up to 1 million new jobs in the sector by 2030.



## School's out!

Turn to page 19 for things to do and places to go...



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# House & Home



## Top tips for a stress-free move for pets

Barratt and David Wilson Homes has teamed up with the UK's leading animal charity the RSPCA to provide pet owners with advice on making moving home as stress-free as possible for their animals.

Dr Jane Tyson, Companion Animals Expert at the RSPCA, said: "Moving house can be a stressful time for everyone, and that can include pets as they get used to settling into their new home. If you have a pet and are moving house, we strongly suggest that you plan ahead and take the time to think about the best way to move your pet in a way which will minimise as much stress as possible." Here are the RSPCA's top five tips for a happy move:

### Plan your journey

Make sure your pets are fit to travel and if in any doubt, contact your vet. If you own an animal that is pregnant, seek advice from a vet before transporting her. Plan your route to minimise journey time and maintain suitable comfort and environmental conditions. Never leave an animal unattended in a vehicle.



### Reduce stressful situations

Try to keep your pet away from all the commotion of the packing, unpacking, moving and cleaning to help reduce their stress.

### Ask your vet about calming products

Speak to your vet about artificial pheromone products, for example Feliway for cats and Adaptil for dogs – these may help to make your pet feel more secure and settled in their new home.

### Update your details

Update your contact details with your pet insurers, vets, microchip and any ID tags. You may need to register with a new vet, depending on how far you are moving.

### Keep a routine

When in the new house, try to keep to the same routine with your pets as you had in your previous home.

Jane continued: "Cats in particular may find a

house move stressful as they can become attached to where they live. At your new house, keep your cat indoors for a minimum of two to three weeks before letting them out.

"This gives them time to get to become familiar with the new house. When you first let them out make sure it's before their meal time - if they are hungry you should be able to call them back for their favourite food. Let them go out for short periods to start with and build this up, as this will allow your cat to become more confident.

"With dogs, as it is a legal requirement to have your dog microchipped, it is so important to make sure you update your address details on the microchipping database. On moving day, pack all your dog's things – including food and water bowls, food, bed and toys – into one clearly-labelled box so that you can find it easily when you arrive at your new home. Getting out things that they are familiar with will help minimise their stress."



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We often think about improvements to our homes in terms of redecoration or new furniture – but home security should also be top of our list.

By taking just a few sensible – and often inexpensive – steps we can ensure our homes are as safe as possible.

Here are just a few helpful safety tips:

- Always lock doors and windows when you leave the house – even if you are only out in the garden (even just pegging out washing).
- Hide all keys, including car keys, out of sight and away from your letterbox (remember thieves can push a hook through the letterbox if they see keys on show near your front door).
- Think of installing a burglar alarm (just the sight of an alarm box on the outside of your home can make a burglar think twice about trying to break in).
- Install outdoor lighting
- Get a trusted neighbour to keep an eye on your property if you are going away or when you are at work.
- Leave radios or lights in your house on a timer to make the property appear occupied
- Make sure the fences around your garden are in good condition
- Secure bikes by locking them to an immovable object or keep them in a shed or garage.

**SAFE AS HOUSES**



- Keep ladders and tools stored away; don't leave them outside where they could be used to break into your home
- Ensure side gates are locked to prevent access to the rear of the property
- Ensure rear fencing is in good repair
- Improve natural surveillance at the front of your property by trimming hedges.
- Remove valuables from view of ground floor windows
- Store any high value items (jewellery, passports) in a secure place.
- Mark your property with your postcode and house number
- Think of joining or starting a Neighbourhood Watch scheme.

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# Free ice-skating and hockey

Team GB, Ice Hockey UK and Nottingham's National Ice Centre (NIC) are teaming up to offer the chance to go ice-skating and play ice hockey for free.

Inspired by the achievements of Team GB athletes and the amazing efforts of local community heroes, I Am Team GB have created the nation's biggest sports day, taking place on Saturday 24 August.

There will be hundreds of free and fun activities across the country, put on by

amazing volunteers known as I Am Team GB Games Makers.

The event taking place at the NIC will include an ice hockey taster session, off-ice skills challenge and family skating session - all free of charge.

Ryan Rathbone, sports development officer at the NIC, said: "The events taking place at the National Ice Centre will include an off-ice skills challenge, enabling anyone to become a hockey master. By complet-

ing all the challenges - skating, puck control, passing, shooting and 1v1 - everyone can have a sense of achievement of becoming a hockey master.

"All the challenges have been specifically designed to be simple whilst giving people a taste of the sport. There will also be a free family skating session from 5:30pm to 7pm and we will also be offering a series of ice hockey taster sessions. This will allow people to try ice hockey in a fun and safe

environment and these taster sessions will be available throughout the afternoon."

There is no need to

sign up - just turn up on the day for a fun afternoon. Activities open from 4pm on Saturday 24th August.

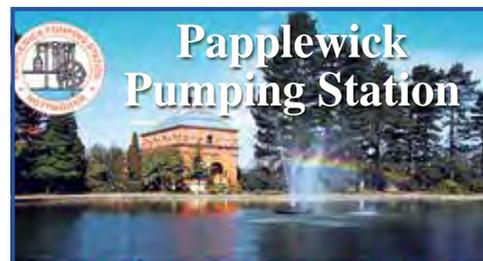


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This summer we have a host of events on offer too, from have-a-go archery to living history weekends, from bat walks to Robin Hood trails.

Head to our website to see what's on during your visit!

Information about Robin Hood and Sherwood's wildlife, tasty food and drinks, souvenirs and gifts; the new centre offers everything you need for a fantastic day out.

Sherwood Forest Visitor Centre,  
Forest Corner, Edwinstowe, Notts, NG21 9RN

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## The story of Sherwood

Sherwood Forest has many tales to tell and you can find out more during a guided walk with one of the forest's knowledgeable guides.

Organised by the RSPB, the walks last approximately 90 minutes starting at the visitor centre and ending at the Major Oak.

Learn how Sherwood has been shaped over thousands of years by natural and human forces to become the iconic place we know today. From

its ancient trees and the wildlife that lives amongst them, to its deep history and stories of fabled characters.

The walks are suitable for children from the age of 6, but dogs are not allowed because of the sensitivity of the wildlife in the forest.

### Dates and times:

14:00-15:30 on Fridays: August 23 & 30.

11:30-13:00 on Sundays: August 25 & Sept 1.

For costs and further information go to: <https://www.visitsherwood.co.uk/event/the-story-of-sherwood-guided-walk/>



Alpacas are on hand to greet you at Floralands Farm Park.



## Enjoy some fun days out with the kids

If you are looking for some fun things to do with kids before the school holidays end, then here are just a few places to visit across Nottinghamshire:

### Floralands Farm Park – Lambley

If you are looking for somewhere to enjoy the peace and quiet of the country then Floralands Farm Park may be just the place for you.

The farm is heaven for animal lovers of all ages with donkeys, pigs, sheep, pygmy goats and alpacas on hand to greet visitors. There are also daily animal feeding sessions, giving you a chance to get close to your favourite animals.

Children can also have a go on the pedal cars and enjoy time in the play area, complete with swings and slides.

The farm is on Catfoot Lane in Lambley. Tel: 0115 9268137

### Water Meadows – Mansfield

The Water Meadows pool is a fun place to spend time with the children. It includes three water rides, a wave machine, rapids and water cannon.

There are also swimming classes for all ages and abilities available. Water Meadows is situated on Bath Street in Mansfield. Tel: 0345 0000232



### Sundown Adventureland – Retford

The theme park is built especially to make amusement rides accessible to children under the age of 10. Hop aboard the Jolly Pirate Boat Ride, search for your favourite Sherwood Forest hero on the Robin Hood train ride, take a Tractor Ride, or learn to drive at Monkey Mayhem Driving School – that's just a small taste of fun activities available.

Sundown Adventureland is on Tresell Road, Rampton. Tel: 01777 248274.

## Brilliant badge making event at Gedling Library

The team at Gedling Library will be celebrating the end of this year's Summer Reading Challenge with a badge making event on Thursday 5 September.

The free event takes place from 2pm to 6pm at the library and gives children to go along and make a badge to celebrate.

There is also a picture colouring event for younger children. The event is suitable for children of three and above. There is no need to book, just turn up on the day. For any enquiries call 01623 677 200 or email [ask@inspireculture.org.uk](mailto:ask@inspireculture.org.uk)



Sundown Adventureland



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Last house admission 4pm

#### GARDENS & TEA ROOM

The Gardens are also open Monday to Thursday until August 29th.

Gardens, gift shop and tea room open 12pm-4pm  
Last admission 3pm

### ADMISSION

House & Garden: Adult £12, Concession £10, Child (4-16 yrs) £6  
Garden only: Adult £6, Child (4-16 yrs) £3

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Join in on the fun and come dressed in you PJ's!

Mon 26th Aug - Fri 30th Aug

back 2 Skool!

Kids World Lesson Timetable

Tuesday, Wednesday, Thursday - science lesson

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Thursday 31st October - 3pm til 7pm

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Further details will be posted on Facebook and on the website

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Telephone: 01754 611488 Website: [www.belleisure.com](http://www.belleisure.com)

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## Out & About in Lincolnshire



### Have fun at Pink Pig Farm

There lots to see and do over the summer at Pink Pig Farm in Lincolnshire. There will be a series of special themed events running until the beginning of September to entertain the children. Visitors can meet the farmyard animals, take tractor rides and enjoy an animal trail and well as taking part in a variety of

competitions and other fun activities. Based in Holme near Scunthorpe, the farm is also home to the Greedy Pig Café, so visitors can enjoy a well-earned refreshment break. To find out what's on over the school holidays visit the website at [www.pinkpigfarm.co.uk](http://www.pinkpigfarm.co.uk) or call 01724 844466.



## Visit Boultham Park

Just south of Lincoln is the beautiful 50-acre Boultham Park. Once a private estate it has been lovingly restored and is now open to the public, featuring a lake and children's playground which has been designed by local children. There is also lots of local wildlife to discover around the lake and in the park. For more information visit the website [www.boulthampark.co.uk](http://www.boulthampark.co.uk)



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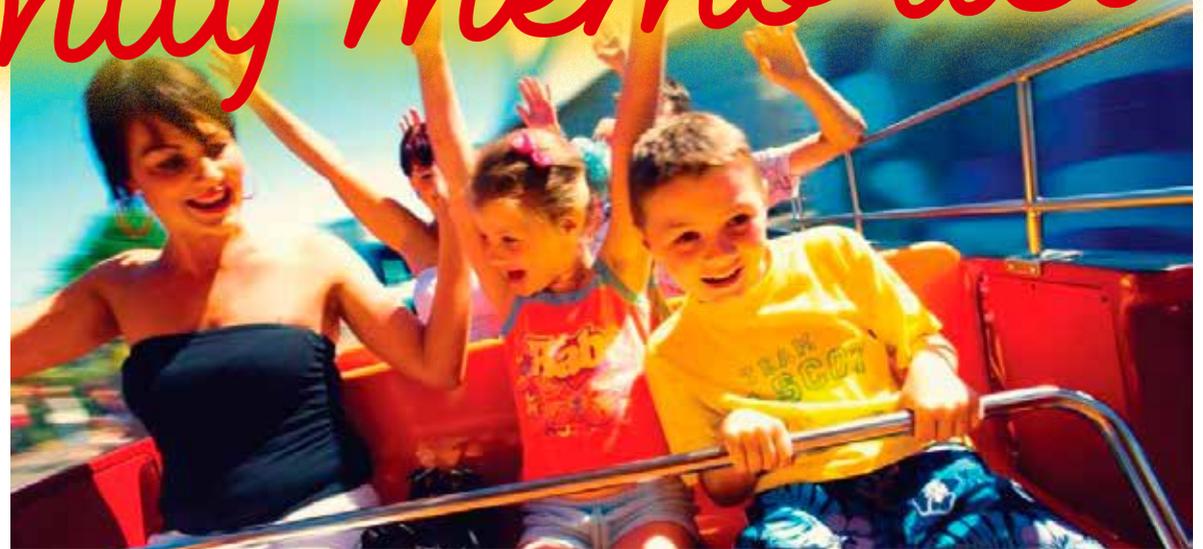
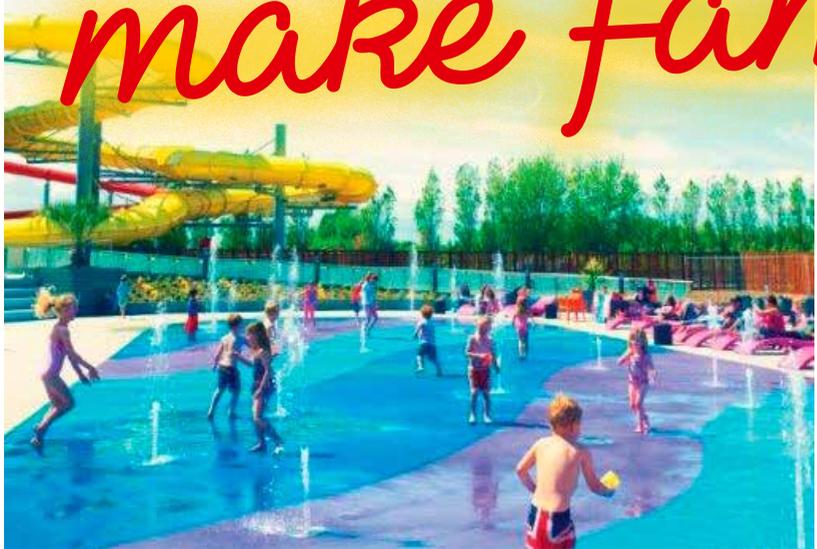
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Out & About in Lincolnshire

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friendly environment. Our Caravan Sales team have your best interests at heart - we know you won't feel more at home anywhere else!

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The Asylum Steampunk Festival, one of the biggest annual events in Lincoln, is this year being held over August Bank Holiday weekend (August 23-26). The festival combines art, literature, music, fashion, comedy and family fun. Attractions at the festival are divided between free events, ticket-only entry and wristbands which cover all of the main day features.

The Bazaar Eclectica, a steampunk market of weird and wonderful items in Castle Hill and the Steampunk Em-

bassy at the Cathedral Centre are free and open to the public.

At the Cathedral Centre visitors will find exhibitions, talks, authors, artists and members of the steampunk community on hand to answer questions.

There is also a chance to watch a steampunk parade through the Bailgate for free. The steampunk promenade will take place along Bailgate on Monday, August 26 at 10am - wristbands are required to take part but spectators are welcome for free.



# LINCOLN STEAMPUNK FESTIVAL

## Kustom Kulture Blastoff 10 kicks-off in style

Kustom Kulture Blastoff is packed full of eye-popping sights, glamour, colour and sheer visual delights to shock and inspire.

The event takes place from 31 August to 1 September at Lincolnshire Showground in Lincoln.

Hot rods, classic cars, trucks and more stretch as far as the eye can see. Owners invest in tricking out their ride to reflect their personality, with themes ranging from Hollywood icons, to intricate designs and gold leaf work, to cartoon heroes. New for 2019 is Scooterama, a dedicated scooter village full of show-stopping, tricked-out beauties, including must-see special guest Dave Dickinson (DDK Airbrush).

KKBO gives visitors the opportunity to experience, develop and learn. Choose from a 'Have a Go' airbrush and graffiti sessions, paint technique and sign writing demonstrations and beauty appointments.

The entertainment keeps on pumping with tonnes of live bands and resident DJs. The main marquee takes you back to the 50's with rock & roll and rockabilly all weekend long. Don't miss guest act The Blues Review Band, as well as the fantastic burlesque show.

Whether you are taking a show-stopping kustom of your own or going to view the spectacle and get inspiration you will receive a warm welcome.

For tickets visit <https://www.kustomkultureblastoff.com/>



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## What's on



Latest figures show that footfall is up 10% at The Cornerhouse in Nottingham, with nearly half a million visitors between April and June of this year.

The busiest time during this period was the last week in April with the opening of the new Avengers movie, Endgame. Cineworld hosted several sell-out midnight showings with over 3,000 customers visiting the venue during that week alone.

The new Ginsecco bar, which opened its doors in June, also boosted these figures with visitors trying out high-end Gin and Prosecco cocktails while taking in soaring views of the Nottingham skyline.

Charlie Truman, centre executive at The Cornerhouse, said: "It's been a great few months with many people basking in the sunshine on the rooftop at Alto and at our venues along Forman Street. The likes of The Lost City Adventure Golf and FunStation also continue to be popular attractions particularly with students and families.

"As we are now in full swing into the summer holidays we have some big family films to look out for including Horrible Histories, Playmobil and Dora and the Lost City of Gold, which will attract the younger audience."

For more information on The Cornerhouse go to [www.cornerhousenottingham.co.uk](http://www.cornerhousenottingham.co.uk).

## Footfall up 10% at The Cornerhouse



## It's a boy at Twycross!

Since their romantic first date on Valentine's Day this year, Twycross Zoo's Victoria Crowned Pigeons, Pidge and Victoria's relationship has gone from strength to strength, so much so that they have had their first chick together – a boy called PJ.

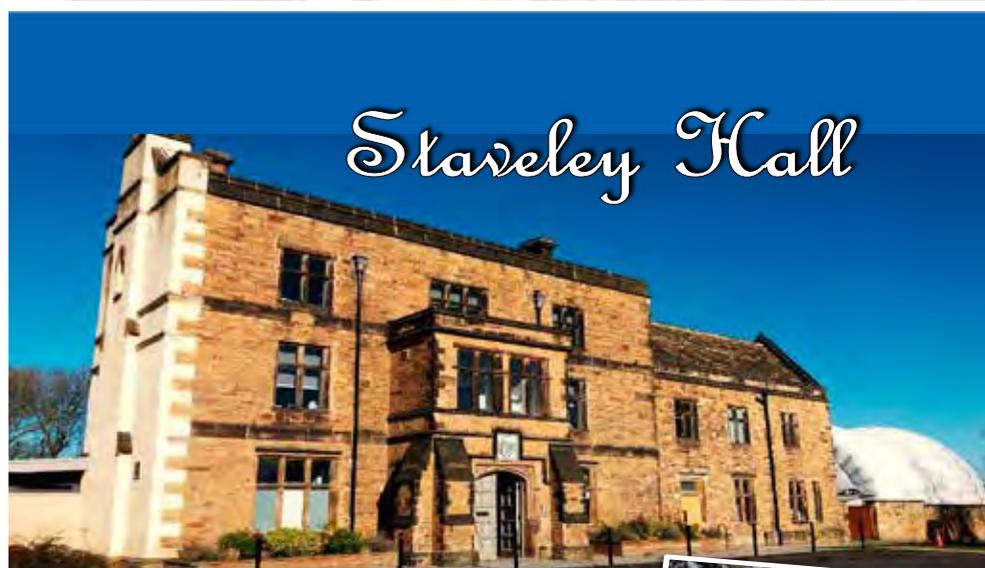
Named by his dedicated keepers, the healthy new arrival is doing well and has even been spotted leaving his nest to explore his home in the tropical Butterfly Forest. Well known by the zoo keepers, Dad Pidge (9) is quite the cheeky chap and has been nesting at the zoo since 2014. Victoria (2) has been living with Pidge in the midland zoo's Butterfly Forest since last September.

Classed as Near Vulnerable on the International Union for the Conservation of Nature's (IUCN) Red List, the Victoria crowned pigeons are the largest of their breed and clearly know how to ruffle a few feathers with their striking royal blue features and high intelligence levels.

For more information go to [www.twycrosszoo.org](http://www.twycrosszoo.org)



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 Museum of Timekeeping

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What's on



**WALLOP!**  
Rob's in town

Rob Beckett is back on tour with a brand-new stand-up show WALLOP! It will be coming to Nottingham's Royal Concert Hall on Wednesday 6 November.

Besides hosting BBC One's All Together Now and being team captain on Channel 4's 8 Out Of 10 Cats, Rob has appeared on: BBC One's Live At The Apollo and Would I Lie To You?, Channel 4's 8 Out Of 10 Cats Does Countdown, BBC Two's Mock The Week, ITV2's Celebrity Juice, and Sky's A League of Their Own. Rob hosted this year's Comic Relief and last year's Children in Need. Other TV appearances include The Jonathan Ross Show, The Graham Norton Show, All Round To Mrs Browns, Taskmaster, Hypothetical, The Royal Variety Performance and Michael McIntyre's Big Show.

For more information go to [www.trch.co.uk](http://www.trch.co.uk) or call the Box Office on 0115 9895555.

Step into Robin Hood's world

The Robin Hood Pageant, now in its 38th year, has been completely re-imagined for 2019 and will be staged in a forest setting close to the historic Newstead Abbey for the first time ever whilst the Nottingham Castle is undergoing its £30m re-development.

The spectacular event will be themed around the power struggle between Nottingham's best-loved outlaw and his arch-nemesis, the Sheriff of Nottingham. It will offer a diverse programme of entertainment including dramatic medieval reenactments, a wealth of costumed period characters, historic demonstrations, hands-on activities, theatre and much more.

The Pageant takes place on Saturday 19 and Sunday 20 October 2019 from 11am to 4pm, and discounted early bird tickets will be available until Monday

2 September. This unique and highly immersive experience will see the grounds of the historic Newstead Abbey transformed into a recreation of 12th century Nottingham, filled with the sights, sounds and smells of Robin Hood's time and offering the chance to come face-to-face with medieval minstrels, artisans and colourful characters, including the legendary Robin Hood himself.

The aim is to depict the life and times of Nottingham's iconic hero and some of the real historical figures of the time in a captivating and historically accurate manner, celebrating the legend and keeping it alive for future generations. Discounted early bird tickets are available now from Visit Nottinghamshire - What's On until Monday 2 September.



First-ever Party in the Square for Retford

This weekend will see the first-ever Party in the Square in Retford on Bank Holiday Sunday (August 25).

Singer and newly-announced Hollyoaks star Jake Quickenden will headline the free

event, which has been organised by the North Notts BID and will bring together headline acts, tribute bands and local musicians to help promote the town and the local area. Hosted by North Notts BID's ambassador Joe Sentance and presenters from Trax FM, the show will see performances from world-renowned Queen tribute

act Mercury, vocal harmony group The Bowkers, The Little Mix show and soul-funk outfit Ginny Brown and the Collective.

Sally Gillborn, chief executive of North Notts BID, said: "We're really looking forward to bringing in the crowds and celebrating the great town of Retford. There's such a range of acts that

the event has something for all ages and every taste; it's a great opportunity for local businesses to shout about what the area is all about."

The event takes place in Retford market square from 2pm to 7.30pm. To find out more about the events run by North Notts BID visit [northnottsbid.co.uk](http://northnottsbid.co.uk).

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Care, Health & Wellbeing



**Nottingham MP visits rehabilitation centre**

Lilian Greenwood, MP for Nottingham South, visited Queen's Medical Centre (QMC), part of Nottingham University Hospitals NHS Trust (NUH), to meet the team that helps to rehabilitate children and young people who are recovering from brain injuries.

The service offered by the BRILL (Brain Injury Living Life) Team is the first of its kind in the UK and offers bespoke packages of care for children following acquired or traumatic brain injury. Providing early intensive rehabilitation, the service also provides supported discharge so that children can continue to improve at home in their own environment.

The BRILL team is made up of ten Physiotherapists, Occupational Therapists, a Consultant, a speech and language therapist, and a Clinical Psychologist.

The service offered by the BRILL (Brain Injury Living Life) Team is the first of its kind in the UK

QMC is a regional specialist centre for neuroscience for the East Midlands, and therefore the majority of young people in the region begin their neuro rehabilitation with the team.

Last year, the BRILL team received over 70 referrals from across the region.

Lilian recently spoke about childhood acquired brain injury (ABI) neurorehabilitation in Parliament, where she praised Nottingham's BRILL Team for setting the standard for children's neurorehabilitation services in the region.

Following a tour of the facilities Lilian commented: "The BRILL Team is an incredible team that's obviously making a huge difference to patients and families across the East Midlands.

"To see the work that they do for children and their families is fantastic. I'm in awe hearing from patients and families first-hand about the difference that the team is making."



**Entries for NUH awards close this week**

Entries close this week for nominations for your hospital heroes for Nottingham University Hospitals NHS Trust's (NUH) annual staff awards.

Health Care Assistant Liz Redworth has been nominated for Fundraiser of the Year. She was praised by her colleague Jack Kelliher, who said: "Liz has spent over 20 years helping NUH with her fund raising and charity work.

"Whether it's cake sales for Father's day, Mother's day, Christmas, Easter and more, Liz goes above and beyond to raise funds for charity and for the ward allowing us to purchase new equipment which has gone a long way to further enhancing patient care."

Liz Redworth said: "I'm delighted to be nominated for the Fundraiser of the Year Award, it's an honour and a privilege to be recognised, and a pleasant surprise to know my colleagues think so highly of me!

"I organise a range of fundraisers ranging from raffles, tombola, cake sales and I enjoy making knitted toys for Christmas and decorations for the wards. All the



Health Care Assistant Liz Redworth has been nominated for Fundraiser of the Year

money raised goes straight to purchasing new equipment for the department"

The Team NUH awards are supported and funded by Nottingham Hospitals Charity. Nominations are open until 23 August, so if you or a loved one has received great care or had a positive experience with a member of staff you can nominate them for the recognition they deserve.

To make a nomination go to: <https://www.nuh.nhs.uk/teamnuhawards>



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